

Tobacco Cessation Program Sponsored by NDPERS

2008 NDPERS Wellness Forum
Rebecca Fricke





BACKGROUND

The NDPERS Tobacco Cessation Program is funded by a grant made available through the ND Department of Health.

The grant provides an appropriation of \$150,000 or as much as necessary for the purpose of funding employee tobacco education and cessation programs for state employees for the biennium beginning July 1, 2007 and ending June 30, 2009.

PERS has contracted with BCBS to provide services.



ELIGIBLE EMPLOYEES

The grant applies to:

- state employees, including
 - university system employees
 - district health unit employees
 - Garrison Diversion employees
- dependents of the above who are age 18 & over

Employees and/or dependents must be on the
NDPERS health insurance plan.



PROMOTION MATERIALS

All promotional materials are developed by BCBSND & approved by ND Health Department

- Email flyers
- Posters
- Postcards
- PERSpectives Newsletter



BENEFIT PERIODS

- Employees may enroll throughout the biennium
- Program ends June 30, 2009, which means the last date to enroll is April 30, 2009



SERVICES & REIMBURSEMENT

- Per Member Per Benefit Period:
 - \$200 for counseling services
 - \$500 for office visit, prescription drugs and over-the-counter drugs prescribed for tobacco cessation
 - Total expenses cannot exceed \$700



ENROLLMENT

- Information available through BCBSND service unit number on the backside of the member's health insurance ID card
- PERS web site at www.nd.gov/ndpers under Tobacco cessation icon on home page

QUESTIONS?



North Dakota Cessation Programs

Michelle Walker, BS, RRT

Cessation Coordinator

Division of Tobacco Prevention &
Control

North Dakota Department of Health



NDPERS Cessation Providers

- City-County Health
- Fargo Cass
- Grand Forks Public Health
- Custer Health
- Dickey County Health District
- Bismarck Burleigh
- Sargent County District Health
- Traill County District Health
- Lake Region District Health Unit
- SW District Health
- Ransom County
- Sakakawea Medical Center
- Primecare health Group
- Jamestown Hospital
- First District Health Unit
- Richland County Health Department
- North Dakota Tobacco Quitline

Local Cessation Programs

- Hospital/Clinic based
- www.ndhealth.gov/tobacco
- Online
 - www.BecomeAnEx.org
 - www.lungusa.org
 - www.quitnet.com

Directory of North Dakota Tobacco Cessation Programs (Updated 3-18-08)

[Click here for a map of North Dakota tobacco cessation programs](#)

Adams

Program Name: Southwest District Health Individual Tobacco Cessation Program
Location: Tobacco Prevention & Control Office
Address: 2893 Third Ave. W., Suite 101
Dickinson, N.D. 58601
Contact: Bobbie Olson, Jennifer Schaeffer
Phone: 701.483.3760 or 800.697.3145
Type of Program: Class or individual counseling
Program Duration: Five weeks
Additional Info:

Barnes

Program Name: Barnes County Tobacco-Free Network
Location: City-County Health and Home Care office
Address: 230 Fourth St. N.W., Room 102
Valley City, N.D. 58072
Contact: Gloria Pesek or Vicki Voldal Rosenau
Phone: 701.845.8518
E-mail: bctprev@daktel.com
Type: Group classes/counseling

ex™ re-learn life without cigarettes.

[Learn the EX Plan](#)

[Do the EX Plan](#)

[Join the EX Community](#)

Welcome, Guest

[Create Profile](#) | [Log in](#)

"I've tried quitting before.
This time was different.
I actually had a plan."



[What is EX?](#)



[Our 3 step plan](#)



[Becoming an EX](#)

[How EX Works](#)

[How EX Works](#)



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DISEASES A TO Z RESEARCH WALL OF REMEMBRANCE TREATMENT TOBACCO CONTROL

GET INVOLVED QUIT SMOKING ASTHMA ALLERGY YOUR LUNGS AIR QUALITY



Quit Smoking

[Home](#) > Freedom From Smoking® Online

Freedom From Smoking® Online

Welcome to the American Lung Association's **free** online smoking cessation program! The American Lung Association's popular smoking cessation program has just been revamped and upgraded.

Congratulations on taking a vital step to improve your health!

Quitting smoking can evoke a lot of feelings: fear, resentment, relief, and so on. If you stay committed to the program and complete all of the assignments you have a good chance of remaining smoke-free for good. Millions of people have quit smoking and you can do it too!

Find out more about Freedom From Smoking® Online by reading the [Program Overview](#).

How to get access to the new Freedom From Smoking® Online:

- You must first have an account with this site. If you do not have one already, please [click here](#) to sign up. It's free.
- Then, while logged in to your account, [click here](#) to register for Freedom From Smoking® Online.
- When you have an account with the site and have registered for Freedom From Smoking Online®, please use the fields below to log in.

Login to Freedom From Smoking® Online

Access to this section of the site is restricted.

Login Name:

Password:

☐ Remember Me

JOIN
THE ASTHMA WALK

COPD CENTER

ACT NOW
LUNG ACTION

LIVING WITH
LUNG DISEASE
Stories of Hope >





MEMBER LOG IN [Forgot Password?](#)

username

password GO

Quitting Stats: 172,142 years, \$2,114,778,273 *

[Enter as a quest](#)

[sponsor code](#) [\(help?\)](#)



DON'T QUIT ALONE®

"I have two friends quitting with me. Add QuitNet to that, and it's myself and hundreds up against the Nicodemon!"

-a QuitNet member

[¿Habla Español?](#)

Who's online?

500 people online right now
6400 anniversaries today!

Start Your FREE quit smoking support program now!

How much **lifetime & money** has the Nicodemon stolen from you!

On an average day, **how many** cigarettes do you (or did you) smoke?
(Non-smokers put "0")

How soon after you wake do you smoke your first cigarette?

-- Choose One --

Enter **Postal Code** :



Get Started Now!

You should quit tobacco. It's the most important thing you can do to improve your health.

WHAT OUR MEMBERS SAY

Mama-32 says:



Live well, laugh often, and love with all of your heart; accept

support from those who offer, and offer your hand to others who need you; be strong and be well...

[read more](#)

*Estimated savings of members since June 1997

Learn from our science-based **tobacco cessation resources**.

Get quitting tips and advice from **expert counselors**.

Get support from the **QuitNet community**.

Create your own **quit tobacco plan**.

Get help when you need it and **have fun!**

QuitNet creates tailored smoking cessation & corporate wellness programs for public & private organizations. [Learn more](#)

Launched in 1995, QuitNet is the Web's original quit smoking site. QuitNet is owned by [Healthways](#).



Disclaimer: Although QuitNet is dedicated to providing comprehensive resources and support for people trying to give up smoking, this site is not meant to replace the advice of a physician. You should not rely on any information on these pages, or information generated for you by this site, to replace consultations with qualified professionals regarding your own specific situation. Please read our [policies](#).

© 1995-2008 Healthways QuitNet, Inc. One or more pending United States patents apply to this site. Please read the [small print](#). "QuitNet", "Don't Quit Alone", the stubbed-out cigarette butt the Quitster character the Nicodemon character



North Dakota Tobacco Quitline

- Telephone based counseling service
- Activated September 20, 2004
- Free service available to all North Dakota residents

North Dakota Tobacco Quitline

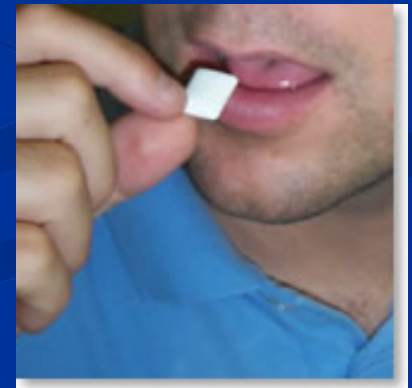
- Employs four counselors in North Dakota
- Hours:
 - Monday-Thursday 7:00am – 8:00pm
 - Friday 7:00am – 7:00pm
 - Saturday 10:00am – 4:00pm
 - Voice mail available 24 hours/day

North Dakota Tobacco Quitline

- Every caller receives a thorough initial assessment
- May also receive up to 5 additional counseling sessions
- 6 & 12 month outcome calls
- Special protocols for special populations
- Will refer callers to local cessation programs if needed

North Dakota Tobacco Quitline

- Nicotine Replacement Therapy (NRT)
 - 28-day supply of patch, gum or lozenge available to those who meet eligibility requirements
 - May refer to other sources



North Dakota Tobacco Quitline
Authorization to Release Information

Provider Information:

Date: ___/___/___

Clinic Name: _____

Health Care Provider Name: _____

City: _____ State: _____ Zip Code: _____

Contact Name: _____

Fax Number: (___) ___ - ___ Phone Number: (___) ___ - ___

Comments: _____

Patient Information:

Client Name: _____ DOB: ___/___/___

Address: _____

City: _____ State: _____ Zip Code: _____ County: _____

Phone Number: (___) ___ - ___ Alternate Phone Number: (___) ___ - ___

I, _____, hereby authorize my physician and clinic or hospital to release the information provided to the North Dakota Tobacco Quitline to contact me at home regarding tobacco cessation.

I understand that this information will be treated professionally and confidentially in accordance with federal and state regulations.

This consent is subject to written revocation at any time except to the extent that action has already been taken upon this consent. This consent will automatically expire six months from the date of signature below.

North Dakota Tobacco Quitline services will not be provided without signatures on this form and a copy provided to the North Dakota Tobacco Quitline.

Patient Signature

Date

Witness Signature

The North Dakota Tobacco Quitline will call you. Please indicate the best times and days for them to reach you.

- ☐ 7 a.m. to 11 a.m. ☐ 11 a.m. to 2 p.m. ☐ 2 p.m. to 5 p.m. ☐ 5 p.m. to 8 p.m.
☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday ☐ Friday ☐ Saturday

Please FAX to:
North Dakota Tobacco Quitline
Attn: Intake Assistant
507.538.5081

This faxed information is intended only for the use of the individual or entity to which it is addressed and contains information that is confidential. Furthermore, this information may be protected by Federal law relating to confidentiality (42 CFR Part 2) prohibiting further disclosure. If the reader of this message is not the intended recipient or the employee or agent responsible for delivering this message to the intended recipient, you are hereby notified that any review, dissemination, distribution or copying of this communication is strictly prohibited. If you have received this communication in error, please notify us immediately by telephone and return the original message to the provider address listed above address via mail. Thank you.

City County Cessation Program

- Program specifically provides services to city or county employees and their family members
- Nine participants in 2007-2009
- Requires 3:1 match

Contact Information

- Michelle Walker
701.328.2315
mlwalker@nd.gov